

Stress and the Art of Coping

20 Strategies for Surviving Stressful Situations

1. **Open up** with one-on-one communications.
2. **Get outside**, smell some fresh air and seek nature's natural high.
3. **Get physical** to produce the best natural drugs for calming nerves.
4. **Faith over fear**. Worry less, trust more. Have faith in a higher power.
5. **Play at work** and work at play and stop being a serious stuffshirt.
6. **Sleep better** by not taking your worries, work and wrath to bed...and take power naps once in awhile.
7. **Be more accepting** without trying to change your friends and family.
8. **Ask yourself** "Forty years from now, is this really going to matter?"
9. **Strive for imperfection** instead of living a no-risk life characterized by fear of failure.
10. **Take time for yourself** everyday instead of constantly nurturing others at your own expense.
11. **Laugh at the light side of life** and your own dumb mistakes.
12. **Leave work** on time and put some balance back into your life.
13. **Love your work** or find a new job worth loving.
14. **Develop a social network** of friends you can trust and share problems with.
15. **Volunteer regularly** because helping others helps you.
16. **After tragedies** learn to get on with your life without perpetual grieving.
17. **Be grateful** and appreciative of all the good in your life instead of moaning over your shortcomings.
18. **Just do something**, anything, to make a little progress on a difficult problem or task.
19. **Appreciate health** as the true wealth because some of the happiest people live simple, modest lives.
20. **Be more positive** by watching less television news and violent shows.